

THE

C

L

A

W

ISSUE 02
VOLUME 11
DECEMBER
2022

GIRLS
WRESTLING
TAKES TO
THE MAT
PAGE 10

LETTER FROM THE EDITOR

December is always the busiest time in publications, with yearbook deadlines and research papers rolling in at the same time finals begin. But still, AJC finds time to put out our second issue of The Claw.

In this issue, staff writer Maggie Terry investigates EHS's plan to switch to a seven-class schedule in the near future, and life editor Chase Golem looks at mental health resources in school.

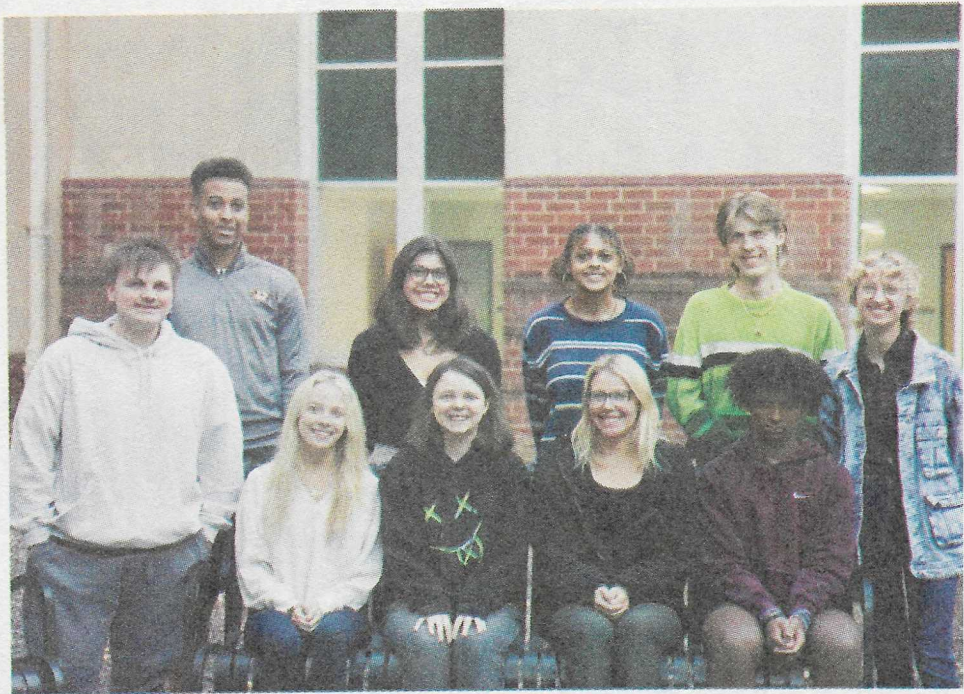
In sports, views editor Nat Becker explores girls wrestling in its second season. Staff writer Kody Moore looks at the first hockey season inside the RP Lumber Center. The section ends with the winter athletes of the quarter, arranged by staff writer Jalen Flowers.

The culture section begins with a piece about the impact of music by staff writer Destiny Albrecht. Staff writer Annisyn Krebs-Carr reveals her top seven albums of 2022.

In views, Onal warns against glorifying celebrities, Becker explains the impacts of Elon Musk's Twitter takeover and Krebs-Carr takes a look at a new piece of legislation in Illinois.

I hope this issue of The Claw is a happy end-of-semester gift to you (and a late birthday gift to myself). Thank you so much for picking up a copy!

CASPAR DOWDY
Editor-in-chief



EDITOR-IN-CHIEF Caspar Dowdy **LIFE EDITOR** Chase Golem **CULTURE EDITOR** Maddox Karnes **VIEWS EDITOR** Nat Becker **STAFF** Destiny Albrecht, Jalen Flowers, Annisyn Krebs-Carr, Kody Moore, Perci Onal, Maggie Terry **ADVISER** Amanda Thrun

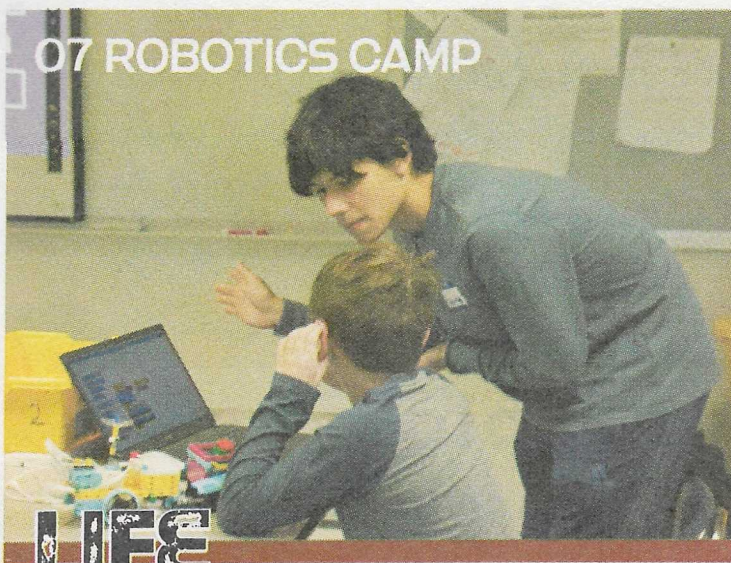
COVER PHOTO BY CASEY STOVER

FRIENDS OF THE CLAW

EHS Yearbook
Cara Lane
Leslie Wood + John Dowdy

EHS Journalism is grateful to all of its sponsors. For information about how to become a sponsor, email ATHRUN@ECUSD7.ORG

WANT MORE EHS JOURNALISM?
Instagram: @edwardsvillepublications
Twitter: @ehspublication
www.ehstigertimesonline.com



- LIFE**
- 04 Seven-period schedules
 - 06 Mental health resources
 - 07 Robotics space camp
 - 08 Madrigal

- SPORTS**
- 10 Girls wrestling
 - 12 Hockey season
 - 13 Athletes of the quarter



- CULTURE**
- 14 Music in the lives of students
 - 16 New Pokemon releases
 - 17 Albums of the year
 - 18 Hot chocolate across cultures

- VIEWS**
- 20 Glorifying celebrities
 - 21 Twitter Blue and Elon Musk
 - 22 Safe-T act

The goal of The Claw is to report Life, Sports, Culture and Views stories to the students and faculty of Edwardsville High School. Students in Journalism and Yearbook primarily contribute to the magazine, but students outside of these programs can submit work and be published if that work is exceptional.

The Claw is a student-run publication, and the views featured in this magazine do not necessarily reflect the views of District 7 or any of its employees.

We appreciate letters to the editor, so long as the topics remain school appropriate. These letters may be sent to EDWARDSVILLEPUBLICATIONS@GMAIL.COM with "Letter to the Editor" in the subject line, or brought to room A113 before or after school.

We reserve the right to reject any letters for any reason, including lack of space, without explanation.

art by Caspar Dowdy

7-period day rumors explained

Admin looks to add a period in '24-'25; students will have more choices for '23-'24

by Maggie Terry, staff writer

Led by EHS and district administration, many changes are in place or on the horizon at EHS.

To expand on the pool of rumors already lying at students' feet, many have been wondering about the implementation of a seventh hour in their class schedules.

Although the decision hasn't been finalized, the possibility of another hour has spread throughout the student body. Approximately 67% of 389 students surveyed disagree with the idea of adding another class, while a mere 15.2% agree.

Junior Caitlyn Dicks is among the majority of students who disagree because she thinks an additional class is unnecessary.

"I know that some people agree with the seven hours, for more class options, but I feel like there are more important things the educational system needs to focus on," Dicks said.

With the introduction of classes like American Sign Language and The Future Teacher Program, an extra hour in the school day would permit students to take such electives, without having to worry about summer school or early bird. The extra hour also allows students in the fine arts program to take an elective as well.

"I feel that students are already overwhelmed with their six classes," Dicks said.

The same survey shows the majority of EHS students spend one to two hours on homework nightly, although 12.7% of students surveyed spend over four hours on assignments. This timeline doesn't even begin to account for extracurriculars or personal events in students' lives.

High school is meant to prepare students for their futures, yet many EHS students don't feel like they've been given the opportunity to branch out and take classes of interest—things they may actually pursue.

"The extra class is an opportunity to try something new," Principal Steve Stuart said. "This opens the opportunity to not just get tied into graduation requirements."

Sophomore Parker Weaver is on the same page.

"I feel like with all the required classes for each grade level you don't get to take another class you are interested in or take a study hall to get work done at school," Weaver said.

Weaver said that if students take classes they are interested in, or a study hall, the additional hour should present itself as more of an opportunity instead of as an extra stressor.

Although rumors of the extra hour being added by next year are overblown, a definite change will greet students next year: board of education has officially approved 11 new courses for the 2023-24 school year.

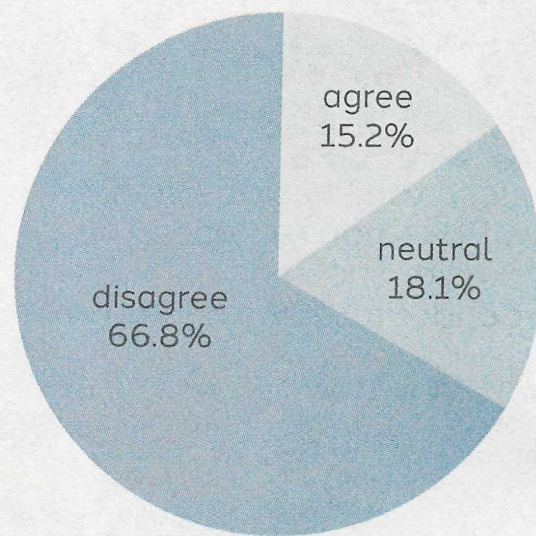
Of the 11 courses, five are foundational and will span over the course of two years. Administration's hope is that the wide variety of courses will appeal to the diverse and driven student body.

In the meantime, administration will continue working on the logistics of implementing a seven-period day. The current goal, according to Dr. Stuart, is to have such a schedule ready for the 2024-25 school year, at the latest.

"If we want to do it, we want to do it right," Dr. Stuart said.

additional reporting/design by Veda Kommin

Student opinions on a possible seven-hour schedule



*389 students polled

Courses being added in 2023-2024

American Sign Language 1 and 2 will introduce students to ASL and teach students about cultural awareness of the Deaf community. The courses will use group, partner and individual activities to teach vocabulary, finger spelling, gestures and the complexities of ASL grammar.

The **Future Teachers Program** is a two-year series of courses offering the opportunity to experience aspects of education as a profession. FTP 1 and 2 introduce students to topics like classroom management, effective communication, effective instruction and special education. In the second year of the course, FTP: Internship places students in District 7 classrooms to allow them to experience the daily expectations and routines of the education profession.

Statistics and Quantitative Literacy is designed as a transitional math course between high school and college, with the possibility of placing into math courses at Illinois community colleges.

Geometry and Algebra is a two-year sequence that integrates High School Algebra and Geometry, including real-world applications and modeling, and explaining geometric situations through applied algebra.

Digital Citizenship introduces students to careers associated with technology and emphasizes digital literacy. Students will be taught about technology's role in their everyday lives and how to use it.

Technology Support Internship 1 and 2 students are given firsthand experience with providing technical support to the EHS community while completing necessary training to become Dell Certified. In TSI 2, students take an independent study approach to technology and customer service and will work at the EHS Help Desk.



18.8%

have NOT heard about a seven-period school day

81.2%

have heard about a seven-period school day

Courses being added at Collinsville Area Vocational Center

Cosmetology 1 and 2 introduce the requirements for a cosmetology license, both in theory and practical application. Activities completed in the course prepare students for Cosmetology 2 while helping them complete the 1,500 hours required by the Illinois Department of Financial and Professional Regulation for licensure. Topics covered in the course will include tools and their use, hygiene and sanitation, ethics and aesthetics. The course will meet at Precision Point School of Cosmetology in Fairview Heights.

The **Dental Assistant** course provides a hands-on look and the dentistry field and the professions within it. Students will rotate through dental offices and the dental clinic on the CAVC campus. Other activities will include oral hygiene instruction to elementary school children, visits with legislators, and law and ethics education. The experience will assist students in becoming Registered Dental Assistants in the state of Illinois.

course information provided by EHS admin

Mental health resources at EHS remain unknown to students

Mental health issues among students has increased significantly over the past few years, but resources at EHS haven't caught up.

by Chase Golem, student life editor

Edwardsville High School has 2,308 students. Based on CDC data, 44% of high school students "had experienced persistent feelings of sadness or hopelessness," which would be approximately 1,016 EHS students. The study in 2019 reported that these issues were present in one in three high school students, a 59% increase from 2009.

As mental health issues become more prominent, a survey at EHS showed that 65% of approximately 300 students think that mental health resources at EHS are inaccessible or hard to find.

"I know about the numbers on the back of our IDs, but I'm not sure exactly where to go for mental health resources," senior Adelaide Fensterman said. "Do we have any social workers?"

Located within the CASTLE Lounge, EHS has four social workers, two of whom are counselors, and a psychologist. Social worker counselor Kayla Dinkelmann has been with EHS for three years.

"As a social worker for EHS, I meet with students who need support with their social emotional health," Mrs. Dinkelmann said. "I provide counseling services to students with IEPs (Individualized Education Plans) and to be available for other situations as they arise."

According to the same survey, only 39.7% of students were aware of the support staff in the building. To help students become aware of resources and support, senior Eman Rana started Mental Health Awareness Club at the beginning of the 2020-2021 school year.

"I started the club because I knew how inaccessible mental health resources were at EHS," Rana said. "There were no conversations about mental health, and it was extremely stigmatized. I wanted to do something about that environment."

According to Rana, EHS has the resources available, but no one knows about them. On Mondays, there is usually a "Monday Mindfulness Moment," but they are inconsistent, with the last one being released on Nov. 7.

"Some of the mindfulness moments are a bit out of touch, but most of the time they're nice," senior Selin Aktuna said. "I think it's getting a lot better."

Other than the mindfulness moments, there's a quarterly newsletter on mental health and, according to Mrs. Dinkelmann, there are worksheets on self-care by the CASTLE Lounge.

These resources, however, aren't mentioned in classes. According to the survey, 63.3% of students feel that mental health is "brushed off" in health classes.

"Mental health is such a big topic for kids out age, I'd say it's the most important thing kids should learn about at this age," Rana said. "EHS needs to add mental health to more curricula, not just

AP Biology or a day in health class."

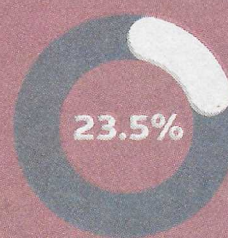
The lack of education on mental health has caused fear of reaching out for mental health assistance. According to the National Alliance on Mental Health, only 15% of students receive mental help at school.

"I think there is a lot of stigma surrounding asking for help in today's day and age," Mrs. Dinkelmann said. "It is important for students to know that it is OK to not be OK, and there are supports for you at school and outside of school to help with mental health."

This school year was the first year that Illinois high schools could take mental health days to help relieve stress. According to the bill passed in August 2021, using a third mental health day would refer you with school personnel for mental health, where you would see the school support staff.

Other than the mental health days for assistance, students can talk to their guidance counselors, who will direct students to go to.

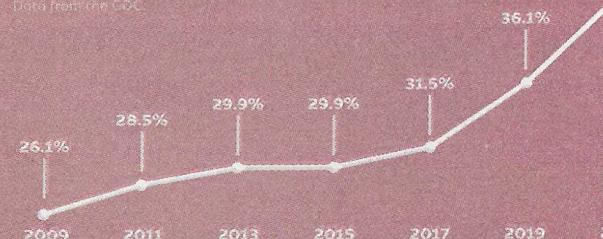
"Students are encouraged to stop by the guidance office to speak with their school counselor if there is an immediate need for support," Mrs. Dinkelmann said. "School counselors can refer students out to social workers to initiate an introduction."



of students have heard of mental health resources at EHS in class.

"Persistent feelings of sadness or hopelessness" increased almost 60% since 2009.

Data from the CDC



Robotics camp makes STEM more accessible for young learners

The student-led camp introduced elementary students to basic programming principles and gave a look at the science behind robots.

by Caspar Dowdy, editor-in-chief

Robotics club is complicated. Hours are dedicated to designing, building, coding and testing, months before their tournament. It might seem difficult to find a place to start, but with the appeal of LEGOs and outer space, the club hopes to introduce their craft to a newer generation of creators.

The EHS Robo Minicamp, with events on Dec. 3 and 10, brought students in grades 3-5 to the high school to get some of their first experiences with robotics. Over three hours, the students constructed and programmed LEGO robots that could scoop up objects and roll along a pre-drawn path.

"I think it's important for kids to understand that robotics can be fun, without the complicated-ness that comes from working with real-world materials," senior club president Derek Markus said. "These [LEGO] kits really allow you to let your imagination run wild without getting bogged down... it makes it very accessible."



Junior Robert Molina explains an idea to a camper while they test their code at the Dec. 3 camp.

Run by members of EHS robotics, the camp sought to inspire early involvement with STEM, something club sponsor Dan Morrissey thinks complements the interests of young students well.

"For some of these young people, it's what motivates them," he said. "They're interested in technology, they like to play with LEGOs, they like to build things."

As society continues to move toward technology, he pointed out, an understanding of the science behind it becomes more

important for students. Organizations like EHS robotics, and its outreach to young learners, provide a hands-on way to learn about those complex subjects.

Markus recalled being a fifth grader and having a teacher introduce his class to robotics, allowing students an early opportunity to build technology skills.

"He was definitely an unorthodox grade school teacher, and he really had an emphasis on science and mathematics..." Markus said of Rob Canada at Columbus Elementary.

Markus went on to join robotics programs at the elementary and middle school levels. "And now we're here," he said, now leading a similar learning opportunity for the students after him.

While the kids at the December camp are just beginning their understanding of robotics, those running the event get to prepare their club for the future. As they watch their peers lead, senior members are able to get an idea of who will take their place when they've graduated.

"As presidents, me and Derek try to be more hands-off during this event so we can see who has great leadership potential in the way they teach and handle the kids..." senior Peter Valkov said. "It's very much a test to see who can be able to take over for the next year."

Junior Ameenah Abdul-Rasheed, a club documentarian, sees her experience with the camp helping her as she heads into her final year of EHS robotics.

"It puts me in a better position so that I'll be able to talk to people better, and explain things..." she said.

The camp serves yet another purpose for the club, with attendance fees helping to fund the supplies they'll need to participate in their upcoming tournaments.

Over the next few months, the club will learn what this year's challenge will entail and spend weeks constructing a game board and robot to fit those guidelines. That time is also spent "constantly trying to find new ideas" to score more points, Valkov said.

EHS has a history of doing well in these challenges, led locally by SIUE, but the tournaments have seen a change in recent years. According to Morrissey, when the event took a year away during COVID, some teams never came back.

As hands-on opportunities for students to get involved with robotics disappear, camps like the one held at EHS play a central role in connecting young people to a future in technology.

"I think it's awesome to be able to be a part of a team, and work up to something," Abdul-Rasheed said. "I feel like STEM gives you a great option, whether it's science or technology, to be with a team." ■

Madrigal performance lets choir students demonstrate creativity

The student-written show offered the audience — the first at full capacity since 2019 — an evening with humor, holiday music and winter treats.

by Jalen Flowers, staff writer

A **madrigal** is a late medieval renaissance re-enactment of a noble dinner in which the members of the court sing to entertain themselves. Originally written as social entertainment for the middle class, madrigals have evolved into secular selection of musical and vocal efforts.

The madrigal at EHS, which took place on Dec. 1, connected the historical discipline with the performing arts. Senior Noelle Sonderegger and junior Sydney Andrews directed the performance starring social science teacher Keith Baker, who has been involved in the madrigal for decades.

"In 2000 our EHS choir director Lynda Marshall staged this school's first Madrigal dinner at Lincoln Middle School in the cafeteria," Mr. Baker said. "I organized a trumpet trio to entertain guests during the meal and to play fanfares for the entry of the boar's head, figgy pudding, and the court singers."

The performance bridged student creativity with the culture and history of madrigals and the school.

"That's very important to me since I have a foot in each world," Mr. Baker said. "I'm glad to have been involved with most of the madrigal events hosted by EHS over the years. My main goal is for our participants to enjoy and express themselves."

Junior Sydney Andrews co-wrote the script this year, a process that allowed her to express her creativity and show her choir experience.

"It was just really cool to play such a big role for the script so it's nice to see it all come together," Andrews said. "I was one of the only people who was in the madrigal last year, so I felt like I had the understanding to write it."

The play featured eccentric costumes, jokes and dialogue unique to each character. Mr. Baker, who was written into the play himself, gave students the opportunity to pull inspiration from their own interests.

"My biggest inspiration for the script was 'Mean Girls'," Andrews said, "I wrote Mr. Baker in as my own Regina George."

This student-led performance is based on celebration. Junior Case Warner has been able to see the process come into fruition.

"I'm new to choir this year," Warner said, "so I like to think of this madrigal as my gateway to fully becoming a member of EHS chamber choir."

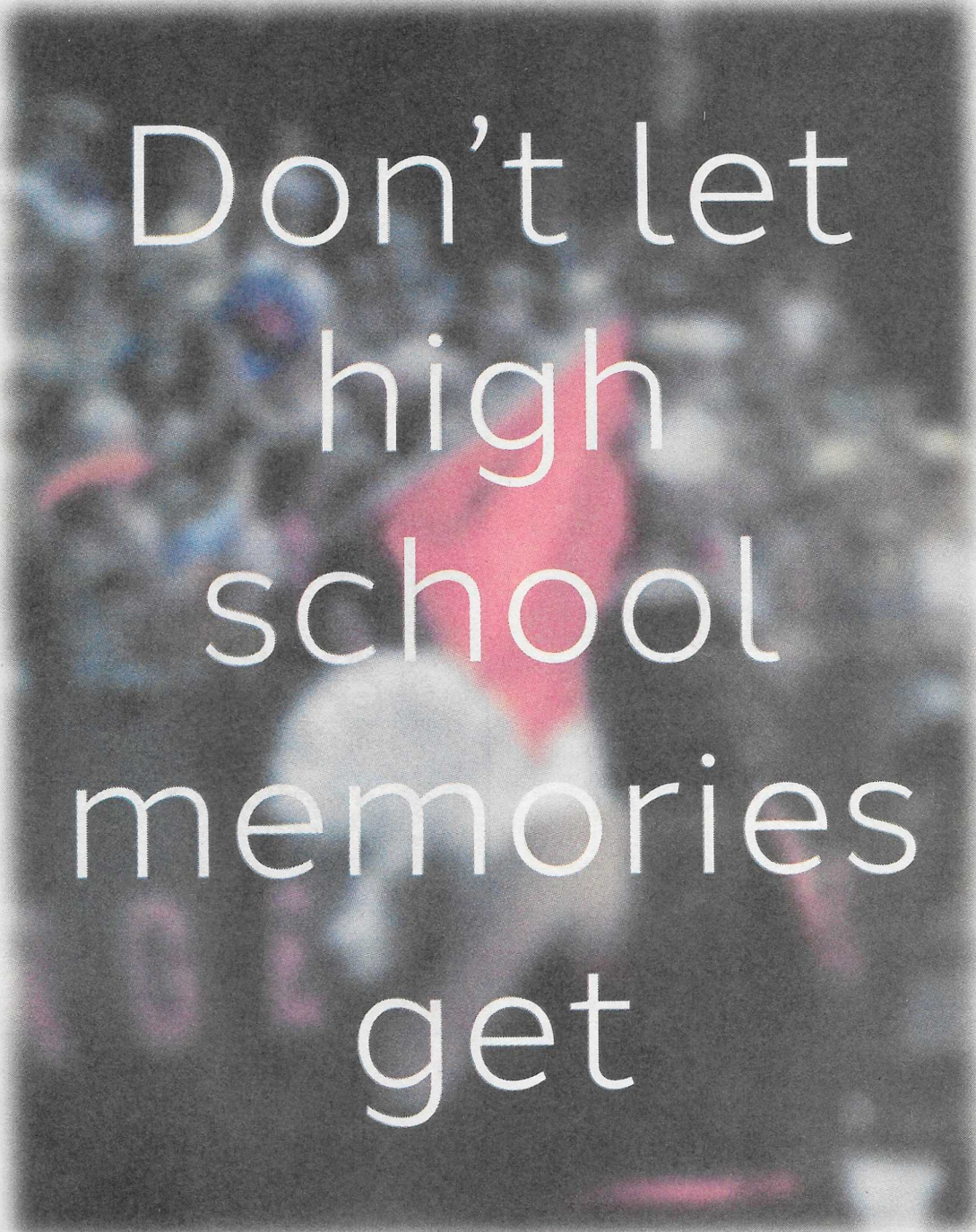
This play can be symbolic of positive ideas such as community connection, humor, and expression. For Warner, the madrigal symbolizes new opportunities and commemoration.

"I like to think it's a celebration because it's meant to be a fun concert or show for the choir kids and audience members," Warner said. "It's a showcase of musical talent mixed with jokes and humor." ■



photos by Corinna Winkler

Above Senior Aidan Seemiller celebrates as Keith Baker, playing a princess, is taken off-stage by seniors Livia Budwell and Taylor Mollett after losing a duel to senior Noelle Sonderegger's character. **Below** Seniors Lauren Bruss, Sam Tichenor and Da'Shon Dunn, as members of t royal family, greet guests.



Don't let
high
school
memories
get

blurry...

Buy a copy of the 2023 yearbook at
yearbookordercenter.com. Use the code **24926** to connect
to the EHS order page before prices rise on Jan. 1.

Girls wrestling offers opportunity for students to find their niche

Despite lower participation than the boys team by a wide margin, the girls wrestling season has started strong, reflecting the team's work and dedication.

by Nat Becker, views editor

As one of the newest sports at EHS, girls wrestling is on the come-up, both as a reputable sport and a great team.

Coach Jon Wagner initiated girls wrestling last year, with the team participating in IHSA and winning medals. Three girls made up the entire team in 2021-2022.

The Tigers opened their season this November with 12 girls. Coach Wagner said they're continually looking for more girls to join the sport.

"If you don't have any other activities, get out of your box," Coach Wagner said. "You won't believe how quick you can learn the skills and it can be something you have a lot of pride in."

In the one year it's been a school-sanctioned sport, girls wrestling has been one of the more successful ones. Coach Wagner said the team will be participating in the "Wonder Woman" tournament over winter break in Columbia, Missouri, where they will be competing with over 100 teams from across the Midwest.

Yet, they still have low participation compared to other sports.

"I think we're getting more recognition day after day just by people learning about it," sophomore Holly Zugmaier said.

Zugmaier has been wrestling since sixth grade. She joined wrestling for fun and didn't have to try out. She became closer with her teammates in the process.

Senior Gillen Raisner believes girls wrestling is a big opportunity for students to discover themselves and be proud of who they are and find their niche.

"I think it'll help girls accept who they are because the sport is just so inclusive," Raisner said. "I think it'll also empower women not only because it's all strength and strategy, but because it's a male-dominant sport."

Raisner joined the team as a new activity for her senior year. She enjoys the sport so much she will be continuing it into college.

"I've always wanted to wrestle, but my mom was the one that really convinced me this year. She thought I'd do good and that it would be a fun thing to try and just switch it up," Raisner said.

Raisner and Zugmaier said they have made unconventional friendships with their teammates.

"I've never been close to my teams in previous sports and being on this team has...broken me out of my shell," Raisner said.

With the increasing number of wrestlers joining the team, sophomore Mackenzie Pratt welcomes the newcomers with open arms.

"Our team is very close and we are like a family. So when new members come in we're all very welcoming," Pratt said.

Girls wrestling is a great opportunity for female students to break out of their shells and find their niche. Take it from some of the wrestlers.

22 Dec	4 p.m.	Triad HS EHS (Alumni Night)
30 Dec	6 p.m.	O'Fallon HS EHS
11 Jan	5 p.m.	Lafayette HS EHS
12 Jan	5 p.m.	Alton HS Alton
19 Jan	6 p.m.	CBC HS EHS (Senior Night)
27 Jan	6 p.m.	Belleville East HS Belleville East

Girls Wrestling Schedule

Left Sophomore Madison Aldrich wrestles a student from Metro East High on Nov. 22. **Above** Girls Wrestling Schedule for the rest of December and all of January. Dates and times subject to change. Information courtesy Edwardsville Wrestling.

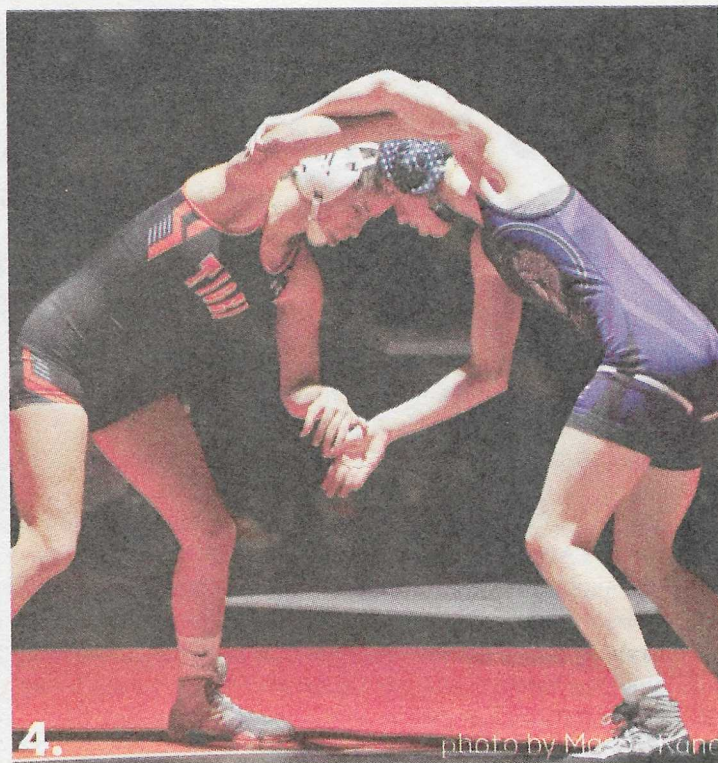
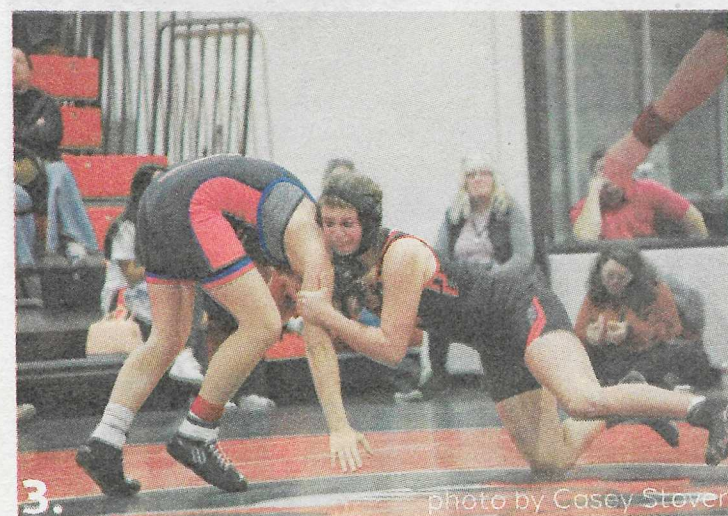
"I think girls should try wrestling because of the opportunities, friends, and experiences they can get from it," Zugmaier said.

Pratt said she is willing to help anyone who would be interested in joining.

"It helps with cardio, endurance, confidence and it helps you get your name out there for colleges. You can get a scholarship too," Pratt said. "But I think you should try it out and see if you like it. If not, it's no biggie."

Recently the Tigers participated in the Lady Longhorn Roundup Tournament where Pratt, Zugmaier and junior Olivia Coll were crowned champions.

"Winning first brings my confidence up and it allows me to myself that I can do it and I just have to go for it," Pratt said in an interview with the Intelligencer. ■



1. Sophomore Holly Zugmaier holds an opponent down at a match against Collinsville High School on Dec. 1, 2021. Zugmaier won first place in her weight category at the Granite City Tournament on Dec. 2.
2. Sophomore Gianna Linhorst wins a match against Collinsville on Dec. 2, 2021. On the same day, one year later, Linhorst won first place for her weight category at Granite City. **3.** Sophomore Madison Aldrich wrestles a student from Metro East High on Nov. 22. **4.** 2022 graduate Abby Rhodes wrestles a student from Collinsville on Dec. 1, 2021.



HAPPY HOLIDAYS FROM GLIK'S

GLIK'S
125th ANNIVERSARY

Visit gliks.com to find your nearest location

EHSTIGERTIMESONLINE.COM

New arena brings ice hockey closer to its community, draws in fans

In its first season as home ice for Tiger hockey, the R.P. Lumber Center has been the site of record game attendance and school spirit at hockey games.

by Kody Moore, staff writer

Students at EHS now have a new attraction, and the Tiger hockey team now has a home rink thanks to the recently constructed R.P. Lumber Center, located behind the school.

On June 15, the Edwardsville City Council approved a partnership between R.P. Lumber Center and EHS Hockey. Prior to playing at the R.P. Lumber Center, the hockey team had to travel to East Alton for practices and home games. The East Alton Ice Arena is 13 miles from the new arena. The center offers a locker room and recreational space for the players.

"Everybody is a lot more eager to play the games at home now," said junior Kai Vetter, goaltender for the Mid-States varsity team. "It creates a sense of competitiveness considering we have to defend our home rink."

With the R.P. Lumber Center being closer to many high school students, the hockey team has received an increase in student fans attending the hockey games. The Nov. 10 game against Kirkwood was so crowded that some student supporters had to watch the game from the track above.

"It's been pretty loud and supportive," senior student fan Kayden Jennings said, "Hockey is a high-action sport, so there is always something interesting going on throughout the match."

Because of the arena's proximity, more students can watch and support the hockey teams. The arena is within walking distance of the high school.

"Hockey isn't a sport that many people have access to either

play or watch," Jennings said, "so I think it makes the games more enjoyable for the students watching the game."

The gap in attendance between the past two years has taken the players by surprise.

"Compared to last year the students have made a big impact with how many are at the games," senior Blake Miller said. "The fans are the one thing that affect the players and the enthusiasm that makes the game better."

The MVCHA varsity team started 4-0-1 on the ice after adopting R.P. Lumber center as their new home. While the home court advantage has correlated into success for the team, the excitement and anxiety that comes with playing in front of more spectators are increased for the hockey team.

"The guys are excited about having the increase of fans at the game," Vetter said, "but it makes the players a little more stressed to not make mistakes."

The R.P. Lumber Center has been seen as a great investment for the community and school district. While the center had previously been used often, the hockey team's move has made the center more community oriented. Outside of supporting the hockey team for practice and games, it was also used for the Edwardsville City Council meeting on Dec. 6.

"The overwhelming response from the community has been great," Edwardsville Mayor Art Risavy said in an interview in September with the Alton Telegraph. ■



photo by Casey Stover

Sophomore Lucas Foley receives motivation from his teammates during a Nov. 17 home matchup with Alton.

Athletes Of The Quarter

Coaches submitted their pick for the winter athlete of the quarter, and explained why they think the student deserves the title.



Boys Swim

Eddie Myers has nine top 10 all time records for EHS swim. His teammates have faith in his ability, consistent practice attendance and is coming off an impressive championship run.



Ice Hockey

Joey Viox is a junior who has given a spark to his season so far. He has improved his game and always stays involved on the ice.



Bowling

Carter McFarland is a senior with a passion for bowling. He has been able to help and create bonds with his teammates and takes his role seriously.



Boys Basketball

Jonathan Stump is a senior and a returning starter who has been working hard this offseason. During the first few games, Jonathan adopted a leadership role that has helped his team.



Girls Basketball

Kaitlyn Morningstar has been focused all offseason leading up to her senior year. Over these last couple of games she has been vocal on the court and has helped her team finish games.



Boys Wrestling

Drew Landau had a great year last year and his coaches think he is going to continue being consistent on the team. As a senior he has improved his technique and become the captain of the team.



Girls Wrestling

Mackenzie Pratt is a sophomore in her second year as a varsity wrestler. Since Mackenzie has started wrestling, she has been a force, motivating her teammates with positivity.

When life is stressful, students turn to music to bring back some joy

Over the course of the year, students create a buffer between the stress from school and their mental health by incorporating music into their lives.

by Destiny Albrecht, staff writer

Stress is a common factor in high school students' lives, from having assignments due every day and tests to study for while also juggling jobs, sports, clubs and other responsibilities.

But many students have reported that they feel a great level of comfort and relief from music, and that could be in many different ways, depending on the student. Band and orchestra practice during the school day is soothing to some, while putting in earbuds and working on an assignment is relaxing for others.

Students feel that music keeps them motivated to accelerate forward when their lives are overwhelming.

This year, many concerts have been held in St. Louis, or students have traveled to surrounding areas to attend. Senior Lexi Trimm is a fan and likes to go anytime she is able.

"Buying concert tickets gives me something to look forward to," Trimm said. "Seeing thousands of people coming together to celebrate an artist is so unifying. I always end up making friends, too."

According to a poll of 124 EHS students, 56% said that they have been to a concert or musical this year. Ranging from popular artists such as Doja Cat, Post Malone and Harry Styles to our own school choir concert, students have enjoyed break from academics. Many students mentioned musicals such as "Hamilton," "Mean Girls" and "Charlie and the Chocolate Factory."

According to Javier Bautista, who has a doctorate in Biomedical Sciences at University College London, taking breaks

throughout the school year can reduce stress levels.

Whether that's spending some alone time with headphones or going out with your friends for a late-night concert, the short experiences produce relief and happiness.

And because of those, many students feel ready to learn when back at school. Bautista suggests that performance and creativity is sparked after a short pause in academics.

"It is really nice to have some time off to regain some mental energy," Trimm said, "and get some good sleep. I honestly love taking days off to just rest and have a fun break from school."

Mental health can improve after a quick rest to rejuvenate those creative thoughts and get the energy flowing again.

"Removing yourself from work for a while can really help with your health and studies," Bautista said.

Not only does music have that kind of effect on students but for some it also plays an even larger role.

Band and orchestra is a year-round activity in which many put their time and effort. Approximately 35% of EHS students play a instrument during the school day and continue to participate in competitions and practice on weekends as well.

About half of them plan to carry on into their professional careers with these musical skills.

"I'm passionate about music," senior Jaden Hernandez said. "I've devoted my time for several years, and I plan to in the future."

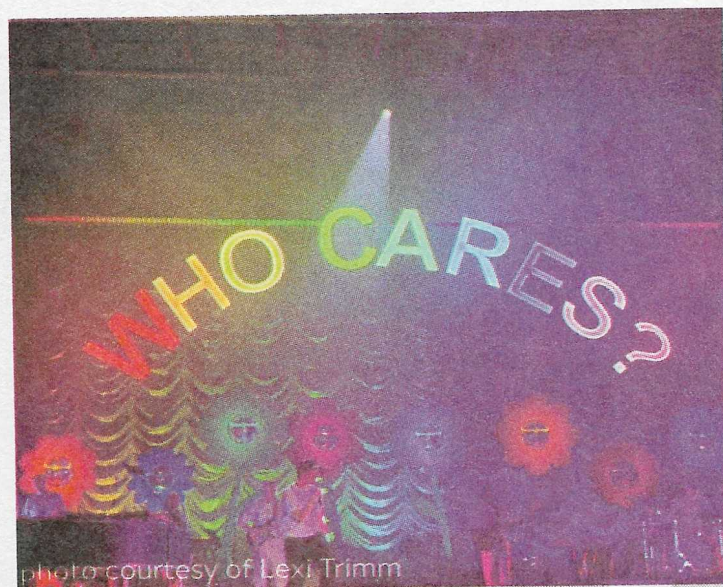


photo courtesy of Lexi Trimm
Rex Orange County performs in St. Louis on June 18. "The concert was full of fun and happiness," senior Kaila Marshall said. Everyone had a great time and Rex really connected with the audience."



photo courtesy of Lexi Trimm
Confetti flies over the audience at an Elton John concert at the Enterprise Center on March 30. "I thought the music was amazing and it was honest so much fun to be there with my friends and family," senior Olivia Vuagniaux said.

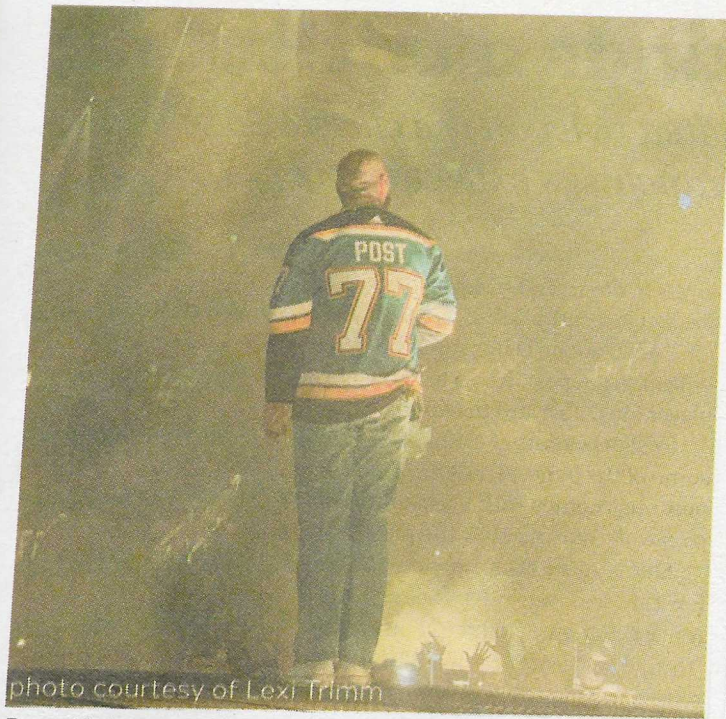


photo courtesy of Lexi Trimm

Post Malone looks up at the audience at a Sept. 17 concert at the Enterprise Center. "It was absolutely unreal and I loved every minute of it," senior Gabby Jesse said. During the performance, the artist fell through a hole in the stage and suffered three bruised ribs. "Even after his fall, he continued to perform," Jesse said. "That shows great character and love for his fans."

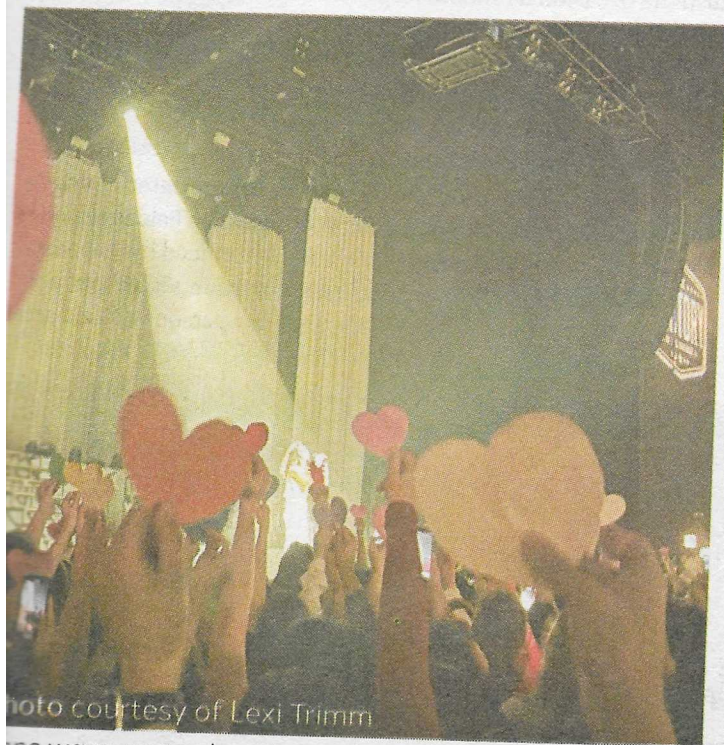


photo courtesy of Lexi Trimm

Fans wave paper hearts at an Oct. 3 Conan Gray concert at The Factory. "It was a really moving concert because [his] music is very relatable and is very personal with the audience," junior Chase Irenka said.

It's something I've always admired and it's a very special part of me and all of my friends."

While music plays such a significant role in other students' lives, some use it as an escape. It may be as small as putting in airpods and hitting play while walking through the hallway or working on an online assignment. "Music helps me a lot," senior Arabella Ford said. "It is one of my biggest sources of joy. Songs put me in such a good mood and I like listening to it especially after a long day."

Many students, however small the act is, find this extremely valuable in their everyday routine. Approximately 98% of students believe that they relieve stress by listening to music and 90% of students do that while completing homework or studying for tests.

"I could never survive without music," Trimm said. "It has become such a big part of my daily life and routine. Music always makes feeling emotions easier, too. I can't do anything without music playing behind me or else my mind won't shut up."

Some teachers use it as a learning tool, engaging students in their lessons and providing a different way of teaching.

While some turn music on during homework time, others incorporate it into their curriculum. Ford presented a PowerPoint in her AP Literature class, forming a playlist made of popular songs that correlated with the plot of an important passage she read in class. Mrs. Heather Haskins didn't require much other than to be creative. Ford followed those guidelines and had a fun time constructing it.

“

I could never survive without music. It has become such a big part of my daily life and routine.

”

- senior Lexi Trimm

"I had a good time finding lyrics and seeing where they would work for the story," Ford said. "I feel that music is underused in classrooms, and the majority of people really enjoy and connect with music so it would be a good tool to use for the future."

Learning the lesson through music is an interesting twist to an assignment, but an effective one at that, according to Ford.

Music can be used for many different occasions, small or not. Survey says that students love to escape with it and many teachers encourage it with school work.

Music is a part of students and it will continue to be. It is more than just music to them. It's relief, it's love, and more than anything, music is meaningful.

"Music has made me who I am today," Trimm said. "It's the reason I'm able to stay motivated and keep going." ■

Pokémon release lands a critical hit

“Scarlet” and “Violet” are an unprecedented twist on the classic Pokémon formula, but still live up to the beloved franchise’s expectations.

by Maddox Karnes, culture editor

Pokémon. It’s a series that’s worth billions of dollars and contains vast installations of content. Their latest additions, “Pokémon Violet” and “Pokémon Scarlet,” have the hard job of living up to such a prestigious history – yet they still manage.

The pair of games, released on Nov. 18, marked the ninth games in the main series of Pokémon. With over 100 new Pokémon to obtain and a vast new region to explore, these games hold their ground as stand-outs in the franchise.

The quality that makes these games such hits is that they’re open-world RPGs, a first for the Pokémon company. With it being such a big leap, the game translates beautifully into a lush, vast landscape. The game lets you experience Paldea, the name of the region, in an utterly unique way. After just five minutes, I couldn’t fathom playing a Pokémon game any other way.

Accompanying the open world is the new non-linear play style. In previous installments, the player character was forced to go challenge the eight gym leaders of the region in a specific order and then challenge the Pokémon League. But now, the game lets you “run wild” after the tutorial and challenge the gyms in any order you choose.

It’s important to note some gyms are much more difficult than others, so even though you aren’t restricted to a specific order of play, the game does try to guide you to some degree.

The non-linear style combined with the open world is a recipe for pure joy as a player. People are getting to see Pokémon through an entirely new lens, and I can say first-hand it’s extremely refreshing.

In the past, Pokémon games have struggled with their stories: previous installments have been critiqued for being too anticlimactic or lacking impact in terms of plot.

“Scarlet” and “Violet,” however, obliterate that old status quo.

They present a narrative that, while still kid-friendly, has

layers of depth and thought-provoking detail. The characters are fleshed out entities that feel three-dimensional and worth rooting for. The dialogue is not something that you rapidly press the “A” button to get past. It’s an exciting piece of storytelling that the player looks forward to experiencing.

Design is another element the games excel in. Pokémon are some of the largest icons across all of pop culture, so creating new ones comes with pressure. So with such high stakes, I was pleasantly surprised by the positive outcome.

Out of more than 100 new pocket monsters, there were very few that had me underwhelmed and a great number that had me “oohing” and “ahhing.” Some favorites include “Tinkaton,” “Ceruleon” and “Scovillain,” the latter of which features a new type combination in grass and fire.

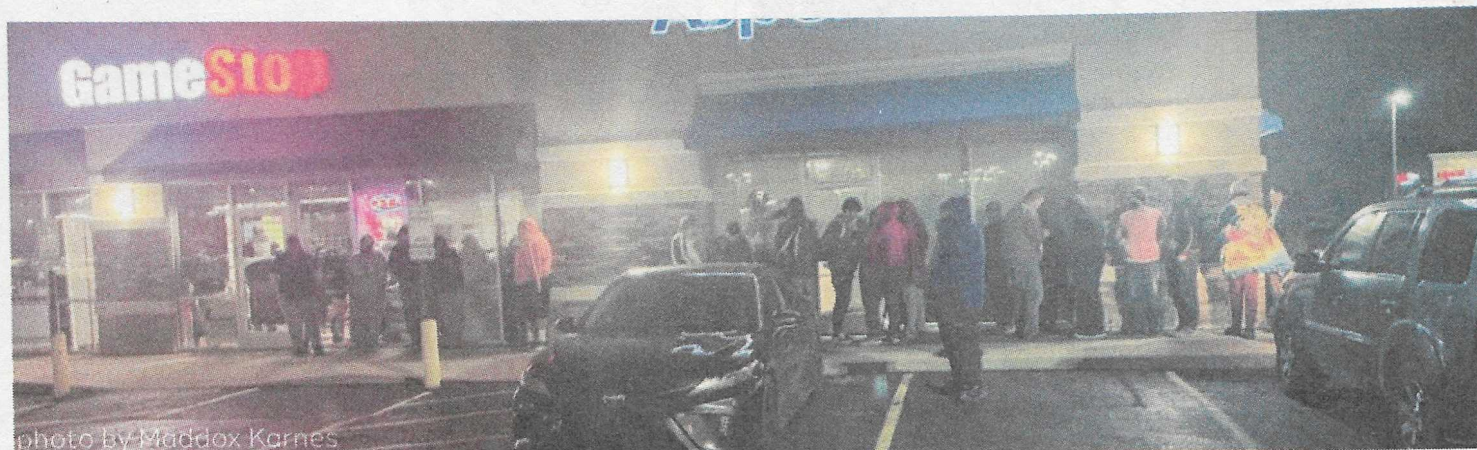
The last aspect to consider, and the one where the game falls flattest, is performance. While the game is almost a masterpiece, its ability to carry out all these features leaves room for desire.

There are times where things will be going flawlessly during your experience – then all of a sudden your Pokémon will phase through walls and fall off cliffs.

I experienced repetitive freezing while traversing the game and also the occasional random respawns due to getting stuck when exploring the terrain.

Game Freak, the company that produced the games, has attempted to reconcile the issue by releasing WiFi accessible patches for the game. The first patch was version 1.01 that was published on the game’s release day.

Even with its bugs and glitches, the games are entertaining and revolutionary additions to the franchise. The Paldea region is a place where you can’t help but become entranced by its beauty and character. “Pokémon Scarlet” and “Pokémon Violet” put a super-effective spin on the universe that any person will find great satisfaction in. ■



A line of fans forms around the Edwardsville GameStop for the midnight release of “Scarlet” and “Violet.”

A look back on 2022's best albums

Seven albums defining today's world of RnB, pop, folk, rock and indie music.

by Annisyn Krebs-Carr, staff writer

Exciting debut artists, returning triumphs, contemporary arrangements and poetic lyrics: this year produced many boundary-defying albums. From returning artist Kendrick Lamar, releasing his seventh studio album, to recent breakthrough duo JockStrap releasing their very first album, these are my personal top seven favorite albums of 2022.

Mr. Morale and the Big Steppers: Kendrick Lamar



- ◆ Best song: "Purple Hearts"
- ◆ Overall Rating: 8.1/10
- ◆ *Mr. Morale and the Big Steppers* was probably one of the most anticipated albums going into 2022, and it did not disappoint. This project is one of Lamar's best in terms of storytelling, as he explores familiar concepts of race,

family and relationships. With piercing in depth lyricism and storytelling, *Mr. Morale and the Big Steppers*, successfully narrates through an album of heavy topics.

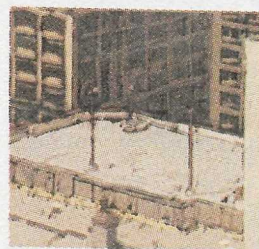
Preacher's Daughter: Ethel Cain



- ◆ Best song: "Thoroughfare"
- ◆ Overall Rating: 8.7/10
- ◆ Successfully mixing together country, folk and rock, southern anti-belle Ethel Cain's music is admittedly an acquired taste. Full of passion and emotion, Cain's haunting vocals and storytelling shine through in each song, exploring themes

of family trauma and religion. Some songs take on an eerie feel, like in "Ptolomea," while others are driven by a distinct pop vibe, as in "American Teenager." No matter the feel, each song plays a part in painting the cohesive story that is the *Preacher's Daughter*.

The Car: The Arctic Monkeys



- ◆ Best Song: "The Car"
- ◆ Overall Rating: 9/10
- ◆ The Arctic Monkeys departed from their usual hard rock sound for something a little more delicate in *The Car*. Weaving together orchestral melodies and flowing lyrics, this album represents a certain sense of tranquility

and conservation that comes with getting older. But what is the Arctic Monkeys without a riveting and climatic guitar solo, which is featured in *The Car*, perfectly capturing the angst of their previous sound as they move onto something different.

art by Caspar Dowdy

Ants From Up There: Black Country New Road



- ◆ Best Song: "The Place Where He Inserts the Blade"
- ◆ Overall Rating: 9/10
- ◆ Rock and folk come together to make the gentle and sincere album *Ants From Up There*. It's flowing and melodic at times, resembling an intricate lullaby and a poetic display of all of life's faults. The

fluctuating rhythms and melodies of this album display a raw and profound emotion, making *Ants From Up There* nothing less than a masterpiece.

SOS: SZA



- ◆ Best Song: "Ghost in the Machine"
- ◆ Overall Rating: 9.3/10
- ◆ Blending the lines between pop, soul and RnB, SZA delivers a passionate and soulful album on *SOS*. Thoughtful lyrics interwoven between catchy beats and astounding vocals, SZA continues on familiar themes of love and relationships.

SOS is a confident and expressive album showing SZA's path of growth and maturity since *CTRL*.

I Love You Jennifer B: JockStrap



- ◆ Best Song: "Greatest Hits"
- ◆ Overall Rating: 9.4/10
- ◆ This experimental album from British duo JockStrap is undoubtedly one of the best albums of the year. Fusing together beautiful guitar melodies with experimental electronic sounds and vocals, JockStrap delivers nothing less

than an expressive and elaborate arrangement of pop music. A chaotic and dizzying album, *I Love You Jennifer B* successfully pushes the boundaries of pop music.

Dragon New Warm Mountain I Believe In You: Big Thief



- ◆ Best Song: "Simulation Swarm"
- ◆ Overall Rating: 9.5/10
- ◆ My final and favorite album of the year is *Dragon New Warm Mountain I Believe in You*. An alternative, folksy album at 20 songs long, *Dragon New Warm Mountain I Believe in You*, captures the essence of simply being alive. A delicate album that

takes the simple things in life and turns them into something beautiful, each song in *Dragon New Warm Mountain I Believe in You* is a natural and breathtaking ballad. ■

The history of hot chocolate spans across cultures and centuries

People have been making hot chocolate for centuries, and it has a much deeper history than one might think. Even today, people across many countries and cultures have their own special way of making it.

by Pera Onal, staff writer

With the holidays getting closer and the weather getting colder, you might be thinking of drinking hot chocolate to get festive and cozy. But the hot chocolate we drink today is vastly different than what was made when it first came to be: there's actually a much deeper history behind the beverage, the bean and the bar.

Chocolate didn't actually start out as the solid bars that we know today. According to the Institute of Culinary Education, the Mayan, Olmec and Aztec cultures of present-day Mexico and Central America originally cultivated the seeds from the fruit of the cacao tree with the purpose of turning it into a beverage.

Even so, their version of hot chocolate was different from the one today. It was usually be unsweetened, made with spices and flowers, and wasn't served hot. The sweetened, milky hot chocolate didn't become popular until after the Spanish conquered their land and brought the concept back to Spain, where it slowly made its way through Europe.

The idea for chocolate bars didn't come up until centuries later, in the mid-1800s. Casparus van Houten invented the cacao press in 1820, which pressed out the fat (cacao butter) that makes up about half of the bean. According to the Bristol city council

website, Richard, Francis and Joseph Fry created "the first mass produced chocolate bar" in 1847, from the fat by-product, ground beans and sugar.

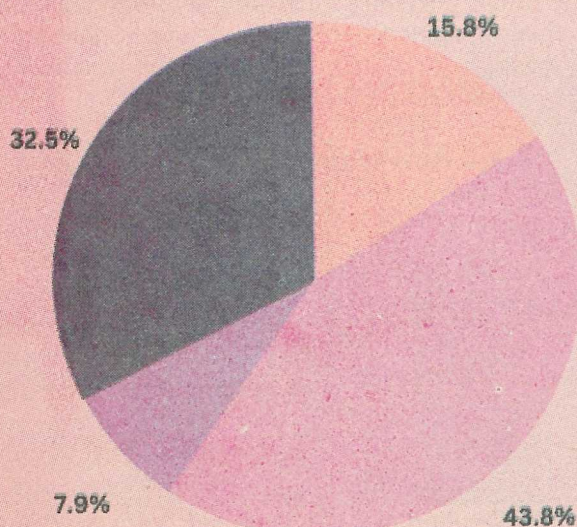
With the basic components of hot chocolate being chocolate and milk or water, many countries put their own twist on it. For example, French hot chocolate uses dark chocolate (about 70% cacao) and whole cream or milk. This version is much thicker in consistency than what most people in America are probably used to.

In Colombia, it's made with cheese. The hot chocolate is made using bars of chocolate, cinnamon, cloves, water and milk. The cheese is then added to the bottom of the cup before the drink is poured in. While the cheese melts at the bottom and into the drink, bread is sometimes used and served on the side for dipping.

Hungarian hot chocolate uses paprika, white pepper, and cloves for a spiced taste, while Italian hot chocolate calls for cocoa powder and cornstarch to create a creamier, thicker texture.

There's much more history behind this seemingly simple drink, and from European hot chocolate to Central American hot chocolate, there's many different ways it can be made special to each who drinks it. ■

Where do EHS students buy their hot chocolate?



- Tiger Den
- Scooters
- Starbucks
- Other

Common answers were Quick Trip, Dunkin Donuts, Bobby's Frozen Custard

*Survey of 240 students

Recipes from around the world

A selection of hot chocolate traditions from three unique countries.

Colombian Hot Chocolate

Recipe from thrillist

Ingredients:

- 4 pure chocolate tablets
- 4 1/2 cups whole milk
- 1/2 block of cheese (such as queso campesino, queso doble crema, queso oaxaca or buffalo mozzarella)

Preparation:

1. Boil milk in a pot.
2. Before it boils, add the chocolate tablets and stir until they dissolve.
3. Once the liquid boils, whisk it to create a foam while blowing air into the hot chocolate. This brings the boiling down.
4. After the mixture boils again, repeat step three twice to help make the mixture frothy.
5. Serve the hot chocolate into cups and drop bits of cheese into each one.

French Hot Chocolate

Recipe from Well Plated

Ingredients:

- 1 1/2 cups whole milk
- 1/2 cup heavy cream
- 2 teaspoons powdered sugar
- 1/2 teaspoon espresso powder (optional)
- 8 ounces bittersweet chocolate
- Giant bowl of whipped cream (for serving)

Preparation:

1. In a medium saucepan over medium heat, whisk together the whole milk, heavy cream, powdered sugar, and espresso powder until small bubbles appear around the edges. Do not allow the mixture to boil.
2. Remove from saucepan from the heat and stir in the chopped chocolate until melted, returning the sauce to low heat if needed for the chocolate to melt completely. Serve warm, topped with lots of whipped cream.

Hungarian Hot Chocolate

Recipe from WorldStrides

Ingredients:

- 4 cups whole milk
- 1 tsp Hungarian hot paprika
- 1/2 tsp finely ground white pepper
- 1/4 tsp ground cloves
- 7 ounces semisweet chocolate, chopped

Preparation:

1. In a small saucepan, whisk milk, paprika, white pepper, and cloves over medium-low heat until almost boiling.
2. Add chocolate and stir until chocolate is fully melted.
3. Whisk to froth, and then pour into mugs and serve immediately.

Elon Musk's Twitter shenanigans have come back to haunt him

by Nat Becker, views editor

Voicing opinions on the Internet has never been easier thanks to Twitter. Sure, they're not always good takes, but it's a way for people to hear multiple sides of an issue.

Twitter had some form of moderation, in that they removed tweets that were found to be racist, homophobic, anti-Semitic and/or full of misinformation. That is why Kanye West and Donald Trump have been banned.

Billionaire Elon Musk saw the moderation, said it wasn't working and made one of the biggest purchases and mistakes in history: buying Twitter for \$44 billion. Oh, and he also unbanned Trump and West.

You could imagine my dismay hearing about Musk becoming CEO. It was the one thing I didn't want to see come true. I heard rumors that Musk destroys every company he touches, and that might be true with Twitter.

First red flag: Musk unbanning West was a terrible move. The rapper is sympathizing with Hitler on major right-wing podcasts. He shouldn't be allowed on a public platform, especially Twitter.

On the first day of Musk as CEO, users spam-tweeted out derogatory slurs after Musk tweeted, "free speech is now legal." Hate speech is not okay to spam, especially on a public platform.

With a month under his belt as the CEO, Musk has done almost everything in his power to tank the app. According to NPR, over 50% of the top advertisers removed their ads from Twitter. Most of the ads you'll see on now are those weird beauty hack videos you'll see in Instagram or mobile game ads.

Twitter doesn't have an in-app purchase for no ads, but it does have a subscription service called Twitter Blue. Musk started Twitter Blue to let anyone who paid \$8 a month to become a verified user.

The main issue with this is Twitter originally gave verified check marks to users because the verification staff took the time to see why this person is a public figure worth the check mark. As of 2021, users had to send in requests to be verified, but they were not able to pay for it.

With Twitter Blue, any random person with no 'claim to fame' can buy a check mark. And people will get priority on the Twitter timeline, according to Musk. That means people who don't pay the subscription fee will not be pushed by the algorithm.

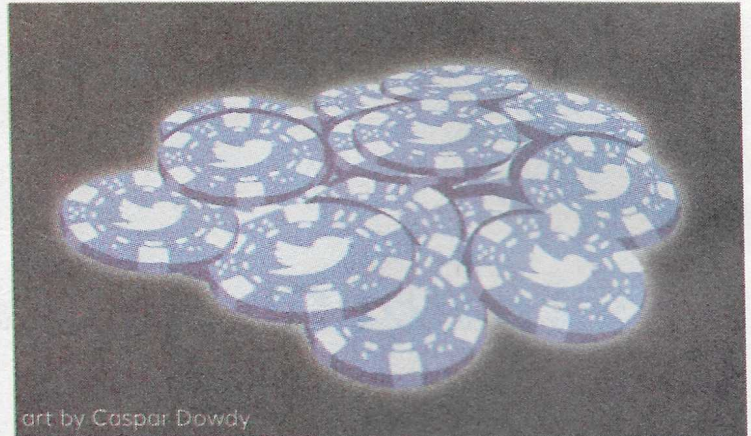
The people buying the subscription were mostly bots and trolls on the Internet. They clouded up my timeline and I didn't want to see whatever hot garbage they were going to spew at me.

Musk's Twitter Blue lasted only about eight days due to impersonation issues with major companies. Musk posted on Twitter saying that if someone has an impersonation account, they must write somewhere on their account, "parody account."

After he tweeted that, people were quick to put the phrase on their accounts and continue their jokes as parody accounts. But people got banned even after writing "parody account" on their account.

There were parody accounts of Ben Shapiro, Joe Biden, big name-brands like PepsiCo, Nintendo and Eli Lilly, the pharmaceutical company.

Eli Lilly sells insulin, which costs between \$80-200 per vial. The parody account said that insulin was free. It's funny without context, but the real Eli Lilly account had to clarify that insulin was not free.



The issue was that people who need insulin were probably excited to hear that something they need to live is finally free. Having to clarify made the situation worse.

The parody account was banned a day after it was posted. Eli Lilly reported it to Twitter, but with low staffing, according to the Washington Post, Twitter did not respond in a timely manner.

When I saw the parody accounts, I laughed at the jokes. It's funny to see someone pretend to make Ben Shapiro say something pro-LGBTQ+. But practical jokes can be taken too far. Eli Lilly's stock went from \$368 to \$346 because of the parody account. According to Gizmodo, the drop in stock erased billions of dollars in market capitalization.

As someone who uses Twitter regularly, I am infuriated. Every day I log on, some Twitter drama goes down pertaining to Musk. It seems like he is tanking the app on purpose.

Before Musk, I had been using Twitter with no issues in the interface. I understood why tweets were recommended to me and how my trending page was structured. After Musk, the Twitter timeline became glitchy, the ads became annoying and I was getting recommended right-wing conservative propaganda when I followed left-wing and socialist commentators.

I don't think Musk considered the number of issues he would cause after tweeting about free speech being legal. Giving users the power to say whatever they please and cutting half of your staff is not the move. Twitter caused a company to lose a lot of money and barely did anything to stop it.

The app before November could have self-destructed at any moment, but Musk making it a reality was not on my 2022 bingo sheet. I should probably add "Twitter breaks down" for 2023. ■

Social media made us forget that celebrities are not perfect

Fans need to learn that, while they may enjoy supporting their favorite celebrities, glorifying them isn't healthy for anyone.

by Pera Onal, staff writer

Fangirls. Fanboys. Fan people. Most people, maybe even you, have a celebrity or famous franchise that they are a fan of. But fans these days take it too far and need to know that glorifying anyone, specifically people in the public eye, isn't healthy.

I've noticed in myself that when I idolize a celebrity, I create an image of them in my head based off what I value most in people. Maybe that image is accurate, but I'll never know without actually meeting or knowing this person, and the chances of that happening are highly unlikely.

Because of this image, I end up glorifying this person and believing that they are perfect and can do no wrong. Then, when said celebrity does something that goes against the image I've created, I feel crushed. I feel as though I've been lied to, and I can't look at them the same anymore. Being influenced by what other fans around me think, I swear off anything that has to do with them. Sounds dramatic, but I'm just being honest.

And after seeing so many people on social media, namely Twitter and TikTok, heavily criticizing celebrities and convincing the fans that the celebrity is a bad person, I realized I'm probably not the only one.

One example of this that comes to mind is Billie Eilish's queerbaiting scandal in 2021. According to Rolling Stone, queerbaiting refers to someone who starts suspicions of being queer or romantically involved with people of the same sex in order to promote something or create publicity.

After the release of her music video "Lost Cause," Eilish was accused of queerbaiting because of the way she was acting with the girls in the music video, and because of an Instagram post promoting the video, which she captioned "I love girls."



Billie Eilish poses at a Nov. 5 art and film gala at the Los Angeles County Museum of Art.

I remember seeing comments on social media of people who were super fans saying they were so upset because they had to stop listening to her music.

People online would genuinely get mad at someone if they saw even one of her songs on their playlists.

My thinking then, and now, was if you like this artist's music, and it makes you happy, why are you forcing yourself not to listen to them anymore? Why should others have a say in what you do or don't listen to?

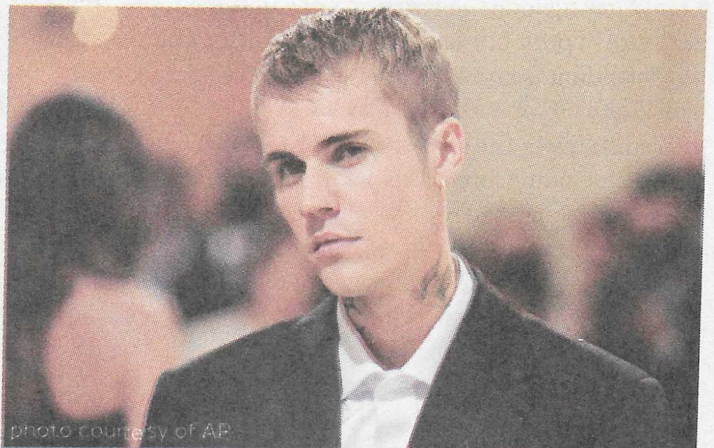
Just because your favorite celebrity did something "off brand" doesn't mean you should stop consuming their art, especially if it's something you enjoy.

It's always valid to feel upset when anyone you look up to, not just public figures, makes mistakes or does something seemingly out of character. But it's also important to understand that making mistakes is a part of life. No one is perfect, even if you think they are.

What's important is whether or not the person can learn and try to improve upon their mistakes.

Obviously, if someone has done or said something that could be offensive to a certain group or community, that person should be held accountable. But if they happen to do something that doesn't match up with your brain's glorified version of them, it's probably not as big of a deal as you or the tabloids are making it.

So next time your favorite celebrity goes off script and does something out of character, don't take it personally. In the end, you don't know how these people truly act, and just because they have celebrity status doesn't mean you should put them on the highest pedestal. ■



Justin Bieber, a celebrity who has been involved in many scandals, poses at the 2021 Met Gala.

You need to know about the Safe-T Act and the elimination of cash bail

Illinois' new Safe-T act eliminates cash bail, but its implementation has been clouded by unnecessary confusion and bad-faith controversy.

by Annisyn Krebs-Carr, staff writer

Recently a new law has been passed, The Safety, Accountability, Fairness and Equity-Today Act, commonly known as the Safe-T Act. The law, whose focus is on criminal justice reform, is a source of controversy as it has been plagued by the spread of misinformation.

The Safe-T Act has many different facets, but the main point of skepticism and concern is that it abolishes the cash bail system on Jan. 1, 2023. In essence, you can be released on bail even if you don't have the money.

There are many different claims being made about what the act does and does not do, and the spreading of misinformation surrounding the act has led to unnecessary fear-mongering.

On TikTok, videos surfaced of people claiming the Safe-T Act was the "beginning of the purge in Illinois." Several videos warned people to "stay safe and leave Illinois while they have the chance."

The Safe-T Act is obviously not the purge. It would only take a quick Google search to be able to accurately distinguish fact from rumor.

The act is not a free-for-all where you can commit any crime and get away with it. The court may deny bail under a variety of circumstances, including if the defendant "poses a real or present threat to any person or the community," which is outlined in section 110-6.1.a. of the law.

Factors considered in determining the dangerousness of the defendant are also outlined in the acts section 110-6.1. a. They include the circumstance of the offense, any evidence of prior criminal or violent history, and whether the defendant is known to possess or have access to any weapons.

Also stated in the act's section 110-6.1. a. is "certain crimes, including forcible felonies, stalking, and domestic abuse, guarantee the revocation of pretrial release"; meaning, they will not be released after arrest.

The point of the act is also not to open prisons and let convicted criminals roam the streets, as many people on social media seem to think. According to Fox 2, convicted criminals currently in jail will not be released.

Granted, the bill was rushed and there are still legitimate concerns to be worked out before it goes into effect on Jan. 1, the main problem being the usage of confusing and

contradictory language.

According to CBS Chicago, Gov. JB Pritzker is working to clarify the contradictory language of the original bill, and recently signed a series of amendments to the Safe-T Act that will help to do so.

Despite the endless debate on pretrial release, that's not the Safe-T Act's only focus. The act also aims to increase police accountability and improve correctional reform.

According to the U.S. Commission on Civil Rights, the cash bail system disproportionately impacts Black and brown communities and other underrepresented or impoverished groups. People who don't have money for bail just sit in jail, making jails a housing ground for the poor.

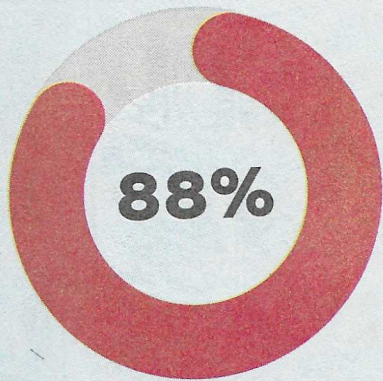
In the United States it's supposed to be innocent until proven guilty, but instead it's innocent unless you're poor. So, if you've never had a problem with rich people getting released on bail, what's wrong with poor people doing that same? ■



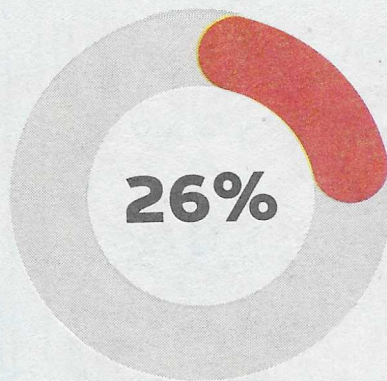
photo courtesy of AP Images

Illinois State Sen. Robert Peters testifies on Dec. 1 in Springfield in regards to the Safe-T Act.

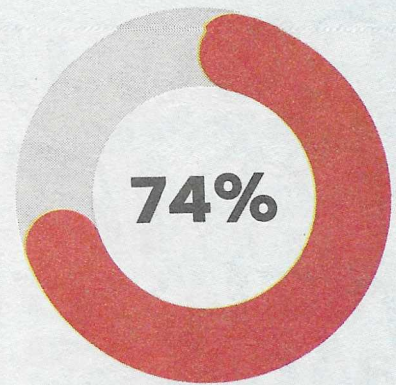
What are EHS students doing over the winter break?



of students are celebrating Christmas

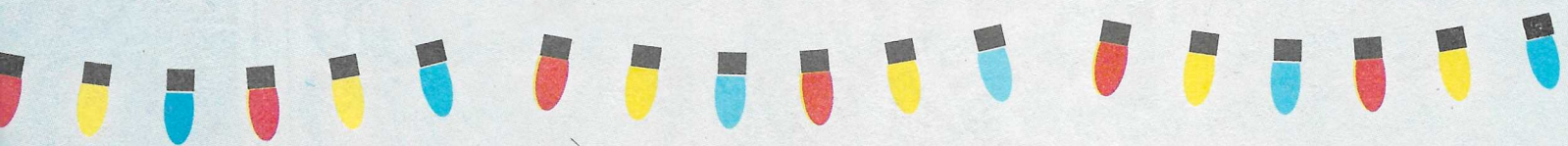


of students are celebrating New Year's



of students are celebrating with friends and family

survey of 117 students



"On Christmas we open presents, have breakfast, and then go hand out little homemade gifts at nursing homes and then we often go watch a movie."

- senior **Mackenzie Levy**, celebrating Christmas

"I will bake Christmas cookies, have Christmas at my grandma's house on the 24th, and then go to church. On Christmas, I will open presents and watch movies. Every year for dinner on Christmas we have fettuccine alfredo with my grandparents."

- freshman **Ella Carter**, celebrating Christmas

"Eating some food, making fun decorations and leaving an offering of ham out to the Aesir."

- sophomore **Luca Tallerico**, celebrating Yule

"I will play a lot of spin the dreidel."

- junior **Auston Berlemann**, celebrating Hanukkah

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?

DO YOU
READ
THE SCHOOL
NEWS
PAPER?